



# Kiwifruit



## History

Kiwifruit has been enjoyed by people for over 700 years. It originally could be found growing in China where they were called Yang Toa (sunny peach). They were valued by the great Kahn rulers because of their beautiful green color and delicious flavor.



New Zealand was the first country outside of China to start growing the fruit, but it was called Chinese Gooseberries. In the 1960's, America started to receive shipments of Chinese Gooseberries but changed the name to kiwifruit because of the resemblance to the brown, fuzzy kiwi bird – New Zealand's national bird.

Kiwifruit is popular across the US and the world. The most common way to eat a kiwifruit is to cut the fruit in half and scoop out the green fruit. However, the skin is edible, delicious, and really nutritious! The skin is loaded with nutrients and fiber that will help keep you healthy.

## Fun Facts

- Kiwifruit can be used as a natural meat tenderizer
- Kiwifruit is the most nutrient dense fruit
- Kiwifruit grows on vines like grapes
- Kiwifruit has twice the vitamin C of an orange
- California produces 98% of the kiwifruit grown in the United States
- China grows over 400 varieties of kiwifruit

## Green and Gold

In the 1980's, New Zealand developed a gold version of the kiwifruit. The fruit is the same size as the traditional kiwifruit, but it is not fuzzy on the outside and is yellow on the inside. The gold variety does taste like the traditional kiwifruit, but has a hint of a mango flavor.



Image courtesy of Zespri



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